

VOICE MASSAGE

Pirjo Lehmussalmi

Pirjo Lehmussalmi har över 20 års erfarenhet av klassisk massage och 5 års erfarenhet av Voice massage. Pirjo är naprapat i botten och har jobbat med dom bästa över hela världen. Operasångare, artister, föreläsare, företagsledare eller bara dom som vill hitta sin akustiska kraft och pondus.



**Det finns mer att hämta ur din akustiska kraft.
Låt mig hjälpa dig att få fatt i den.**

WHAT IS VOICE MASSAGE?

Voice Massage is a massage therapy performed by a specially trained Voice Massage Therapist. It concentrates on the relaxation of the muscles that are directly or indirectly related to voice production. In Voice Massage Therapy, the functional state of these muscles will also be diagnosed. Relieving muscle tension will create the prerequisite for balanced voice production.

Voice Massage has been developed as pioneering work in co-operation with physiotherapists, voice therapists, singing teachers and voice professionals since 1984. Voice Massage is a massage treatment based on the classical massage strokes. It facilitates optimal relaxation of all muscles related to voice production.

When you sing or speak spontaneously, you use the muscles of the upper part of your body, the chest, the neck and the facial area. Voice Massage concentrates on the treatment of these muscle groups and at the same time, the functional state of the muscles related to voice production is diagnosed. Muscular relaxation creates the prerequisite for balanced voice production.

Voice Massage aims at relieving the tensions that disturb the balanced function of the muscles related to voice production. It can be used to prevent stress injuries and illnesses caused by improper use of voice as well as to complement voice therapy. The use of Voice

Massage may relieve mental problems (e.g. irritability, insomnia), caused by intensive training or studying, and improve the power of concentration. Voice Massage Therapy promotes the maintenance of correct posture and the co-ordination of movements. It may also be used for treating temporomandibular dysfunction, for maintaining the elasticity of the respiratory muscles and for improving the respiratory function of asthmatic and allergic persons.

VOICE PROBLEMS AND POSTURE

If your voice does not carry far, if it is creaky or very high-pitched, or if you have a feeling of a lump in the throat, the usual reason is a forward slump of the shoulders and a narrowed anterior thorax.

Consequently, the respiratory muscles may become tense "armouring" the ribcage and respiration takes place primarily by means of the accessory respiratory

muscles. The muscle groups that lower the chin become hyperactive which very often causes pain. If the movement of the larynx is not natural, the result is a functional, often unilateral, imbalance of the larynx. There will also be an imbalance in the tension of the muscles of the skull and the submandibular muscles. The skull is not free on its axis, which will strain the supportive muscles in the cervical spine and the muscles in the back of the neck.

Voice Massage therapy is often beneficial for professional voice users, e.g. singers, singing students, elocutionists, professional speakers, educators, cantors, ministers, receptionists, phone operators, wind instrument players and politicians. Office workers and all computer users may also benefit from Voice Massage because it can relieve pains caused by the tension and imbalance of the muscles of the shoulders and the back of the neck.

VOICE MESSAGE THERAPIST TRAINING

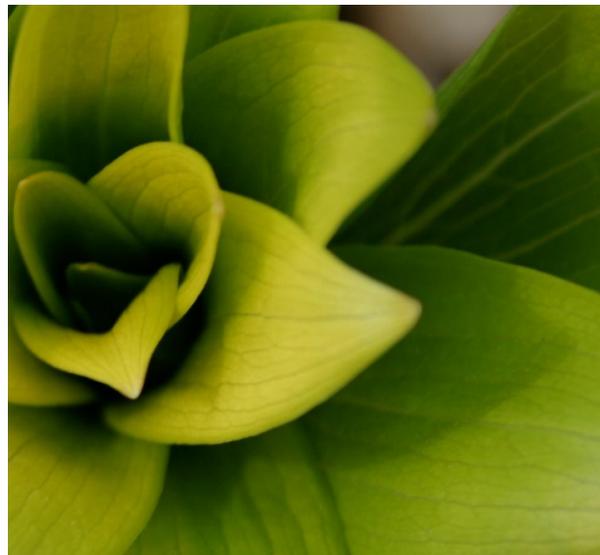
Voice Massage Therapist training started in Kuopio, Finland, in summer 1990.

The development of Voice Massage is based on extensive practical experience and collaboration with phoniatricians, speech therapists, singing teachers and professors as well as voice professionals. The development work continues while changes in the muscles, caused by Voice Massage, are being investigated.

Ms Koskinen has also every year organised courses that have dealt with massage as a complement to the therapy for temporomandibular dysfunction. Supplementary courses have, in addition, focused on the prevention of muscular dysfunction of wind instrument players. Voice Massage is a special massage therapy performed by a trained Voice Massage Therapist. Voice Massage has been developed by Ms Leena Koskinen, a massage and lymph therapist from Kuopio, Finland, as pioneering work in collaboration with medical and voice specialists since 1984.

WHY VOICE MESSAGE?

Voice Massage is a massage treatment that facilitates optimal relaxation of all muscle groups related to voice production, by means of classical massage strokes. It concentrates on the treatment of the muscles in the upper part of the body, the chest, the neck and the facial area. At the same time, the functional state of the muscles related to voice production is diagnosed.



Relieving muscular tension creates the prerequisite for balanced voice production in speech and singing. It is, however, the speech therapists and the vocal trainers (singing teachers) who diagnose functional voice disorders using creative hearing.

Voice Massage is aimed at relieving the tension in the muscle groups related to voice production and, consequently, at preventing voice disorders caused by muscular tension. It may also be used to complement voice therapy. In addition, Voice Massage helps to relieve the tension of jaw muscles and to prevent muscular dysfunction of wind instrument players.

IS THIS FOR YOU?

Voice Massage Therapy suits all voice professionals, such as singers, elocutionists, professional speakers, phone operators, educators, cantors, ministers, wind instrument players, actors and politicians. Office workers and all computer users may also benefit from Voice Massage, because it can relieve pains caused by the tension and imbalance of the muscles of the shoulders and the back of the neck.

Pirjo Lehmussalmi

Klassisk idrottsmassör/voicemassageterapeut

Kungliga Operan, Box 160 94, 103 22 Stockholm

Mobiltelefon: 073-699 13 06

Telefon: 08-791 43 34

e-post: Pirjo.Lehmussalmi@operan.se
eller pirjo_lehmussalmi@hotmail.com

**För alla - från operastjärnor,
sångare, chefer, föreläsare
eller till dig som talar mycket
och vill hitta din kraft**